

Healthy Rewards Program

By completing a series of healthy actions and earning points, eligible participants will receive an incentive the following year. Full-time Civilian employees, Retirees (pre-65) and their spouse/certified domestic partner must be enrolled in the City's non-uniform health plan (Civilian Health Plan).

- The 2013 incentive earnings period ends on September 30, 2013
- The annual incentive for Civilian employees is a one-time contribution made to the employees HSA/FSA.

The total contribution earned per participant is \$100 by completing the required 250 points.

Health Actions include:

Health Actions or Outcomes	Metric	Reward Amount
Biometric Screenings & Outcomes		
• Complete biometric screening (onsite/physician)		100 Pts
• Achieve target Total Cholesterol value or complete a Wellness Program	200 mg/dl	25 Pts
• Achieve target Blood Pressure value or complete a Wellness Program	130/80	25 Pts
• Achieve target BMI value or complete a Wellness Program	Less than or equal to 25	25 Pts
• Achieve target Glucose value or complete a Wellness Program	Less than or equal to 120 mg/dl	25 Pts
Preventive Care (Max of 1 of the following)		
• Complete mammography	Complete One	50 Pts
• Complete cervical cancer screening		50 Pts
• Complete colon cancer screening		50 Pts
• Complete prostate cancer screening		50 Pts
• Complete wellness visit		50 Pts

Note: To participate in this program you must be a full time Civilian Employee covered under the City's Civilian Health Plan.

If a participant does not meet a target value, they can earn points by completing a coaching program. They can take advantage of more than one program throughout the year.

Health Actions or Outcomes	Reward Amount
Wellness Management	
• Complete Telephonic Coaching Program	50 Pts
• Complete Online Coaching Program	25 Pts
• Complete Online Tracker Activity	25 Pts
Condition Management	
• Participate in the Healthy Pregnancy Program	25 Pts
• Participate in the Asthma Disease Management Program	25 Pts
• Participate in the Diabetes Disease Management Program	25 Pts
• Participate in the CAD Disease Management Program	25 Pts
• Participate in the Heart Failure Disease Management Program	25 Pts
Employer-Sponsored Activities	
• Complete Onsite Coaching Program (3 sessions)	50 Pts